

Healthier Montana Menu Challenge

Breakfast Menu Work Sheet for Weeks 1 and 2

Dates Served _____

School _____

Circle Menu Planning Approach Used: Traditional Enhanced NSMP

Foods Served that Meet the Criteria

Criteria	Week 1		Week 2	
	FOOD	PORTION SIZE	FOOD	PORTION SIZE
Three different fruits are offered each week (includes fresh, frozen, dried or canned)	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Fresh fruit is offered at least twice per week	1. 2.	1. 2.	1. 2.	1. 2.
Whole grain foods are offered at least three times per week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Protein-rich foods (meat/meat alternates) are offered at least three times per week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Only low-fat (1%) and/or fat-free (skim) milk are offered daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F

Place a checkmark on the blank line indicating that the following criteria are met:

_____ When daily choices are not offered, higher fat entrée items are limited to once per week.
 _____ When choices are offered, a student must be able to select a lower fat entrée each day.
 A higher fat entrée item is defined as having $\geq 40\%$ of calories from fat, excluding nuts, seeds and nut butters.

_____ Limit the sale or service of high sugar breakfast cereals and other high sugar items (≥ 7 grams of sugar per one ounce serving) to one time per month. Routine cereal offerings will contain < 7 grams of sugar and at least 2 grams of fiber per one ounce serving.

_____ Limit the sale or service of baked goods (like donuts, sweet rolls, maple bars and toaster pastries) to one time per month.

_____ Menus meet the USDA School Meals Initiative nutrient standards.

Healthier Montana Menu Challenge

Breakfast Menu Work Sheet for Weeks 3 and 4

Dates Served _____

School _____

Circle Menu Planning Approach Used: Traditional Enhanced NSMP ANSMP

Foods Served that Meet the Criteria

Criteria	Week 3		Week 4	
	FOOD	PORTION SIZE	FOOD	PORTION SIZE
Three different fruits are offered each week (includes fresh, frozen, dried or canned)	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Fresh fruit is offered at least twice per week	1. 2.	1. 2.	1. 2.	1. 2.
Whole grain foods are offered at least three times per week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Protein-rich foods (meat/meat alternates) are offered at least three times per week	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Only low-fat (1%) and fat-free (skim) milk are offered daily	M T W Th F	M T W Th F	M T W Th F	M T W Th F

Place a checkmark on the blank line indicating that the following criteria are met:

_____ When daily choices are not offered, higher fat entrée items are limited to once per week.
 _____ When choices are offered, a student must be able to select a lower fat entrée each day.
 A higher fat entrée item is defined as having $\geq 40\%$ of calories from fat, excluding nuts, seeds and nut butters.

_____ Limit the sale or service of high sugar breakfast cereals and other high sugar items (≥ 7 grams of sugar per one ounce serving) to one time per month. Routine cereal offerings will contain < 7 grams of sugar and at least 2 grams of fiber per one ounce serving.

_____ Limit the sale or service of baked goods (like donuts, sweet rolls, maple bars and toaster pastries) to one time per month.

_____ Menus meet the USDA School Meals Initiative nutrient standards.